What is claimed is:

- A system for managing a session comprising:

 a first device that is able to receive data from a data source; and
 a session management server connected to the first device and the data

 source that controls the flow of data from the data source to the first device;
- 5 wherein the first device is used to control the session management server.
 - The session management system of claim 1, wherein the first device further comprises a control device that is used to control the session management server.
 - 3. The session management system of claim 1, wherein the first device is a cellular telephone.
 - 4. The session management system of claim 1, wherein the first device is a personal data assistant.
 - 5. The session management system of claim 1, wherein the first device is a personal computer.

- 6. The session management system of claim 1, wherein the data source is the Internet.
- 7. The session management system of claim 1, wherein the data source is a WAP gateway.
- 8. The session management system of claim 2, wherein the control device comprises at least one key.
- 9. The session management system of claim 8, wherein the at least one key is dedicated to control only the session management server.
- 10. The session management system of claim 8, wherein the at least one key performs other functions in addition to controlling the session management server.
- 11. The session management system of claim 1, further comprising a multimedia messaging server connected between the session management server and the data source.

- 12. The session management system of claim 1, further comprising a cellular radio base station that connects the first device to the session management server.
- 13. The session management system of claim 1, further comprising a Bluetooth station that connects the first device to the session management server.
- 14. The session management system of claim 1, further comprising a modem that connects the first device to the session management server.
- 15. The session management system of claim 1, wherein the session management server performs a data manipulation function.
- 16. The session management system of claim 15, wherein the data manipulation function is at least one of zoom and fast forward.
- 17. The session management system of claim 15, wherein the data manipulation function allows a user to fast forward to specific points in at least one of an audio, video and text file.

- 18. The session management system of claim 15, wherein the session management server continues to receive data from the data source while the data manipulation function is being performed.
- 19. A system for managing a plurality of sessions comprising: a first device that is able to receive data from a data source; and a session management server connected to the first device and the data source that controls the flow of data from the data source to the first device; wherein the first device is used to control the session management server.
- 20. The session management system of claim 19 wherein said first device further comprises a control device that is used to control the session management server.
- 21. The session management system of claim 19, wherein the session management server continues to receive data for the first device from the data source when the first device is involved in another session.
- 22. The session management system of claim 20, wherein the control device allows the first device to switch from one session to another session.

- 23. The session management system of claim 19, wherein one of the sessions is a data session and another session is a voice session.
- 24. The session management system of claim 19, wherein the session management server buffers data for the first device from the data source when the first device is involved in another session.
- 25. The session management system of claim 19, wherein the session management server controls the flow of data for the first device from the data source when the first device is involved in another session.
- 26. A method for managing a plurality of sessions comprising:

 initiating a first session in a first device connected to a data source;

 initiating a second session in the first device while the first data session is still running;
- stopping the first session in the first device; and continuing the first session in a session management server.
 - 27. The session management method of claim 26, further comprising resuming the first session in the first device at the point at which the first session was interrupted.

- 28. The session management method of claim 26, wherein the first session and the second session are both data sessions.
- 29. The session management method of claim 26, wherein the first session is a data session and the second session is a voice sessions.
- 30. The session management method of claim 26, wherein the first device is a cellular telephone.
- 31. The session management method of claim 26, wherein the first device is a personal data assistant.
- 32. The session management method of claim 26, wherein the first device is a personal computer.
- 33. The session management method of claim 26, wherein the first and second sessions are initiated using at least one key.

- 34. The session management method of claim 26, wherein the first session comprises downloading a data file.
- 35. The session management method of claim 26, wherein the data source is the Internet.
- 36. The session management method of claim 26, wherein the data source is a WAP gateway.
- 37. A method for managing a session comprising:

 initiating a session in a first device to download data from a data source; and
 manipulating the data while the session is still running and prior to all of the
 data being downloaded to the first device
- 38. The session management method of claim 37, wherein said data manipulation comprises zooming in on a portion of the data.
- 39. The session management method of claim 37, wherein said data manipulation comprises forwarding to a later portion of a stream of data.

- 40. A method for managing a session comprising: initiating a session in a first device connected to a data source; stopping the first session in the first device; and continuing the first session in a session management server.
- 41. The session management method of claim 40, further comprising resuming the stopped first session in the first device at the point at which the session was interrupted.